FLAT OUT FACTS: WILD PACIFIC HALIBUT

AS NUTRITIOUS AS IT IS DELICIOUS!

NUTRITIONAL ANALYSIS

Pacific Halibut *(Hippoglossus stenolepis)*

Per 100g (3.5oz) raw edible portion

Calories (cal)	91
Total Fat (g)	1.33
Protein (g)	18.56
Omega 3 fat (g)	0.51
Phosphorus (mg)	236
Niacin (mg)	6.5
B12 (ug)	1.1
B6 (mg)	0.55
Selenium (ug)	45.6
Vit D (ug)	3.8 = 152 IU
Iron (mg)	0.16
Magnesium (mg)	23
Zinc (mg)	0.36
Potassium (mg)	435
Calcium (mg)	7
Saturated fat (g)	0.292
Cholesterol (mg)	49
Sodium (mg)	68

Source: Canadian Nutrient File, Health Canada, 2015 (https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/nutrient-data/canadian-nutrient-file-2015-download-files.html)

RECOMMENDED SERVINGS

Health Canada recommends eating at least 2 servings of fish per week.
1 serving = 75 g (2.6 oz)
or ½ cup of cooked fish

Eating at least 2 servings of fish per week regularly can significantly improve your overall health.

Wild Pacific halibut is loaded with nutrients involved in normal growth and body function, and reduces the risk for certain types of diseases.

BENEFITS FOR ALL

Health Canada advises that fish can be part of a healthy eating pattern and provides many benefits for overall well-being.

- **Helps maintain healthy heart function**
- **Reduces risk of sudden cardiac death in healthy people**
- **May lower risk of stroke**
- **Lowers cholesterol**
- **Lowers blood pressure**
- **Prevents or controls diabetes**
- **Helps reach and maintain a healthy weight**

Source: Health Canada (https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish-questions-answers.html#hb2)

Source: HealthLinkBC (https://www.healthlinkbc.ca/health-topics/hw84959)

WORRIED ABOUT MERCURY?

Health Canada's maximum level of mercury permitted in most retail fish, including halibut, is 0.50 ppm (parts per million).

The Canadian Food Inspection Agency (CFIA) regularly tests fish and shellfish from fish processing plants to determine if they meet the Canadian standards for total mercury. Fish that are found to violate the Canadian standards for total mercury are not permitted to be sold in Canada.

According to HealthLinkBC, in general, the more popular fish are relatively low in mercury, so most Canadians don't need to be concerned if their intake is too high. Halibut is noted as a fish that can be eaten several times a week as part of a varied and balanced diet.

Source: Health Canada (https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html,

https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/human-health-risk-assessment-mercury-fish-health-benefits-fish-consumption.html#4.4

Source: HealthLinkBC (https://www.healthlinkbc.ca/healthlinkbc-files/mercury-fish)

BENEFITS FOR KIDS, PREGNANT AND BREASTFEEDING WOMEN

According to Health Canada, children, pregnant and breastfeeding women, and women who may become pregnant can benefit from the nutrients offered by fish.

There is evidence that regular consumption of fish by pregnant women and women who may become pregnant plays a role in normal fetal brain and eye development.

Studies also suggest that regular consumption of fish helps the nervous system of the fetus and young children.

Source: Health Canada (https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html)